Affordable Housing, Communities, and Health

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Overview

• The Nexus Between Housing & Health
  • Moving To Opportunity (MTO)
  • Neighborhoods, Obesity, & Diabetes
• The Problem
  • Crisis in Affordable Housing
  • Communities and the Built Environment

• ND Fitzgerald Institute for Real Estate
  • An Integrated, Distinctive Approach
  • Multidisciplinary Solutions
  • Research Initiatives
Moving To Opportunity Experiment

- RCT sponsored by Housing & Urban Development (HUD)
  - 4,600 low-income families with children
  - High-poverty public housing projects
  - Experiment in Baltimore, Boston, Chicago, LA, NYC
- **Group #1**: Housing vouchers (low-poverty areas in year 1 and anywhere after that) + counseling
- **Group #2**: Housing vouchers (anywhere) + no counseling
- **Group #3** (control): no housing vouchers but remain eligible for public assistance and benefits
Moving To Opportunity Experiment

- Findings of MTO experiment:
  - Voucher recipients lived in lower-crime neighborhoods
  - Voucher recipients had better units than control group
  - Impact on Education, Employment, Earnings?
    - No impact on educational attainment
    - Negative effect on employment during first 2 years
    - No statistically significant gains in longer-term employment rates and earnings
  - ***Unexpected consequences on health and happiness ...
    - Parents in families who moved to low-poverty areas had lower rates of obesity and depression
Ludwig et al. (2011) on Neighborhoods, Obesity, & Diabetes


Data:
- Body-mass index (BMI) for 84.2% of participants
- Glycated hemoglobin level for 71.3% of participants
- Response rates were similar across randomized groups
Ludwig et al. (2011) on Neighborhoods, Obesity & Diabetes

- Results:

  - Prevalences of a BMI of 35 or more, a BMI of 40 or more, and a glycated hemoglobin level of 6.5% or more were lower in the group receiving the low-poverty vouchers
    - BMI of 35 or more: 4.61 percentage points (95% CI, −8.54 to −0.69)
    - BMI of 40 or more: 3.38 percentage points (95% CI, −6.39 to −0.36)
    - GHL > 6.5%: 4.31 percentage points (95% CI, −7.82 to −0.80)

  - The differences between the group receiving traditional vouchers and the control group were not significant.
Conclusion:

“The opportunity to move from a neighborhood with a high level of poverty to one with a lower level of poverty was associated with modest but potentially important reductions in the prevalence of extreme obesity and diabetes. The mechanisms underlying these associations remain unclear but warrant further investigation, given their potential to guide the design of community-level interventions intended to improve health.”
3.9 million American families from extremely low income households do not have access to affordable housing.
Over 500,000 people are homeless on any given night, and every year …

1.42 million people pass through shelters.
Health Conditions Among the Homeless Population in Comparison to the General US Population

<table>
<thead>
<tr>
<th>Condition</th>
<th>Homeless</th>
<th>Housed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Diabetes</td>
<td>18%</td>
<td>9%</td>
</tr>
<tr>
<td>Hypertension</td>
<td>50%</td>
<td>29%</td>
</tr>
<tr>
<td>Heart Attack</td>
<td>35%</td>
<td>17%</td>
</tr>
<tr>
<td>HIV</td>
<td>20%</td>
<td>1%</td>
</tr>
<tr>
<td>Hepatitis C</td>
<td>36%</td>
<td>1%</td>
</tr>
<tr>
<td>Depression</td>
<td>49%</td>
<td>8%</td>
</tr>
<tr>
<td>Substance Use Disorders</td>
<td>58%</td>
<td>16%</td>
</tr>
</tbody>
</table>

Source: Health Center Patient Survey (HCPS) 2009
3 miles could equal up to a 13-year life span difference.
Social Determinants of Health for People without Homes

- Neighborhood and Built Environment
  - Access to & Quality of Affordable Housing
  - Access to & Quality of Temporary Shelters
  - Exposure to Crime & Violence
  - Exposure to Environmental Conditions
  - Access to Foods that Support Healthful Eating Patterns
- Economic Stability (including housing stability)
- Education
- Health and Health Care
- Social and Community Context

*Source: Adopted from HealthyPeople 2020, Social Determinants of Health*
Housing Crisis Bubbles

Quality of housing
  Location
  Access to:
  services/jobs/schools
  Parity to other housing

Supply-side barriers
  Zoning & density
  Inconsistent regulations
  Builder incentives
  Competition with other Housing
  Subsidy allocations
  Lengthy development process
  Large-scale execution
  Lack of innovation
  Local municipalities/NIMBY

Overcrowding
  Growing demand
  Shrinking stock
  Substandard units

Cost burdens
  Rent growth
  Rising energy costs
  Access to homeownership
  Foreclosures

Other topics
  Housing policy
  Homelessness
  Gentrification
  Inclusionary zoning
  Form-Based Codes (FBCs)
  Missing Middle
  Public vs Private

Affordable Areas
  Emergency
  Transitional
  Supportive
  Workforce
  Veteran
  HOPE VI
  (New Urbanism)
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  • An Integrated, Distinctive Approach
  • Multidisciplinary Solutions
  • Research Initiatives
    • Supportive Housing
    • Affordable Housing
    • Housing & Communities
Fitzgerald Institute for Real Estate: An Integrated, Distinctive Approach

- University-wide Institute launched in 2019
- Consistent with Notre Dame’s mission
- Data-driven and evidence-based research
- Dynamic (not static) models
  - Increasing Affordability
  - Increasing Access/Supply
  - Improving Quality
- Multidisciplinary and Interdisciplinary
Fitzgerald Institute for Real Estate: Multidisciplinary solutions

**Architecture**
- Marianne Cusato – Designing Better Emergency Housing
- Kim Rollings – Effects of architecture and design on physical and mental health, especially among vulnerable populations

**Engineering**
- Tracy Kijewski-Correa – Creating Resilient Housing Globally
- Ashley Thrall – Building Kinetic and Modular Structures

**Law School**
- Judy Fox – Fighting for Fair Housing
- Jim Kelly – Task Force on Vacant & Abandoned Homes
- Maria Maciá – Race-Based Differentials in Mortgage Lending

**Economics**
- Rob Collinson – Effects of Evictions on Low-Income Households
- David Phillips – Landlord Responses to Housing Vouchers
- Jim Sullivan – Strategies for Preventing Homelessness
Fitzgerald Institute for Real Estate: Research Initiatives

• **FIRE/LEO Partnership on Supportive Housing**
  • **Partnership:** Fitzgerald Institute for Real Estate (FIRE) & Wilson Sheehan Lab for Economic Opportunities (LEO)
  • **Goal:** Understanding causes of homelessness, including affordability, mental health, and substance abuse, and evaluating the effectiveness of policy interventions
  • **RCTs:** Initial cohort involves 6 non-profit organizations:
    1. Community Housing Partnership (San Francisco, CA)
    2. Homeless Services Network of Central Florida (Orlando & Sanford, FL)
    3. Lutheran Social Services of N. California (Sacramento/Stockton, CA)
    4. Ohio Recovery Housing (various cities across OH)
    5. South Alamo Regional Alliance for the Homeless (San Antonio/Bexar, TX)
    6. Tarrant County Homeless Coalition (Tarrant/Parker counties, TX)

• **FIRE Program on Affordable Housing**

• **ND Initiative on Housing and Communities**
Thank You … Questions?

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